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The Throne Room of Childhood

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and pineapple or prune and orange mixtures the delicious either for sandwiches or for the little jar. Oranges are worth their weight in gold and should be used, as often as possible.

Heavy, rich foods, such as fat meat, pastry and rich cakes have no place in the child's lunch. The fruit may serve as a dessert or simple puddings and cakes may be used. Cornstarch or tapioca puddings may be colored with pink coloring or with chocolate, and may be varied with the use of pineapple, coconut, canned berries or other fruits. A few pieces of homemade candy are considered a treat. Fudge, penuche, peanut brittle, or puffed riceballs will keep without getting sticky if each piece is wrapped separately. It is usually a good plan not to let the children know just what is going into the lunchbox, especially if candy is a part of it. Any element of surprise adds much to the enjoyment of the lunch.

Whatever the bulk of the lunch may be, if there is plenty of fruit and milk provided, the health of the children is sure to be preserved.

The Throne Room of Childhood

By Harriet Schleiter

Mother Goose characters on muslin squares add charm to the child's room.

Whether it is for the brand new little ruler of your home, or for the royal personages who have held sway for a handful of years, it is a very important room, and one to be planned with the utmost care—the nursery.

Let us consider first the room the child nears as he rises in the morning. It is the nursery, and one to be planned with the utmost care—the nursery.

Mother Goose characters on muslin squares add charm to the child's room.

When it was time for his highness to sleep, she could simply roll his little crib out thru the kitchen onto the back porch, instead of carrying the crib down and dashing back upstairs after the baby.

But, perhaps, you have no downstairs bedroom, since things so magically conveniences to other people. However, you can still deal with the problem satisfactorily. There is on the market a little portable ice box in which you can keep the milk and oranges and tomato juice for his own special diet.

And there is also a little electric heater; in fact, there are a number of kinds of electric heaters, that you can use just as effectively and twice as conveniently as a kitchen stove. All these may be installed in such a room as you must use for a nursery, with a large economy in time and energy resulting.

But if the nursery is planned for the older child, it is a very different place. The white, hospital look blooms into a perfect garden of colors, little painted chairs and tables with stencil designs on them, bright chintz curtains, pillows, and rugs, and playthings galore.

Of course, it must be a very well lighted and ventilated room to keep the little ones healthy and free from eye strain. Suppose you fix a window seat beneath the windows, one that has a hinged top so the toys can be kept in it. On it you will want bright pillows, with, perhaps, little appliqued designs on them.

An attractive idea in curtains is a combination of unbleached muslin and blue chambray. They are made by cutting a piece of unbleached muslin the length of your window and 18 inches wide. Cut squares of unbleached muslin, four of them, and two squares of chambray six by six. On the muslin squares put some Mother Goose characters, Humpty Dumpty, the cow jumping over the moon, and all the rest of the children's favorites. These may be cut from cretonne especially designed for a nursery or can be taken from transfer designs and cross-stitched or outlined in the squares. Now sew these squares to one end of each strip of muslin curtain and bind the inside edge of each curtain with a four-inch strip of chambray. Sew blue bias binding over each seam. Make a valance of blue chambray eight inches deep, and the curtain problem is complete.

For furniture there should be a table and chairs for tea parties, and a book case to hold the children's books. Don't make the mistake of putting in too much furniture, for the nursery will be plentifully "furnished" with kiddy cars and doll houses and rocking horses in no time at all.

Remember that the avoiding of sharp corners on the furniture is avoiding also of many a bad bump for the little Lords and Ladies of the nursery.

Toys should be chosen as a constructive education—to inspire creation instead of destruction, an appreciation of their worth and utility rather than a disregard for values—for toys are a great force in early education.

Throughout the whole there should be a touch of happiness, accented by soft, pleasing colors, plenty of air and sunshine, and, above all else, clean floors and furnishings.